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Oct. 22, 2004

# Flu vaccinations required for all servicemembers, high risk people

Deployed and deploying servicemembers are among the priority groups for receiving the flu vaccine, Defense Department officials said.

While the department is affected by the British rejection of Chiron flu vaccine, all high-risk beneficiaries and all operationally-deployed servicemembers will be vaccinated on time this flu season, although Barksdale's clinic has not received supplies of the vaccine. As supplies arrive, immunization schedules will be advertised.

Officials said there are about 2.2 million servicemembers and high-risk beneficiar-

Troops deployed to the U.S. Central Command theater of operations and to the Republic of Korea are DOD's highest priority, and the department already has shipped vaccine to those theaters, officials said. High-risk beneficiaries who will receive priority on the flu shots are: children ages 6 to 23 months, adults over 65, persons ages 2 to 64 with underlying health conditions, all pregnant women, women caring for children under 6 months old, and health care workers.

The DOD has another source of the vaccine. The department has 1.3 million doses coming from Aventis Pasteur — a company unaffected by the British action against Chiron. Aventis has delivered 680,000 doses already, with the rest coming in the next eight weeks. The department is also using a contract with the makers of the nasal flu vaccine Flumist. This is only for healthy persons between the ages of 2 and 49.

See Flu on page 5



Master Sgt. Michael Kaplan/2d CS

A B-52 takes off from Barksdale Air Force Base. The 2d Bomb Wing logged 14,000 hours without a Class A mishap.

# Safety: 2d Bomb Wing records 14,000 hours without Class A mishap

BY J. MANNY GUENDULAY

THE BOMBARDIER

Safe is the word that best describes the 2d Bomb Wing's flying operations according to the awards the 2d BW Safety Office received this year.

The office is has successfully ensured more than 14,000 flight hours without a Class A mishap. The office received two awards earlier this month regarding flying operations on the base for fiscal year 2003 for more than 8,464 accident free hours without a Class A or B mishap.

The awards were the Air Force Flight Safety Award for Meritorious Service and the Air Combat Command Flight Award for Outstanding Performance and Dedication.

According to the award submission

sent by former 2d BW Commander Col. Floyd Carpenter, the office deserved recognition for the wing's flawless flight record including 1,330 training sorties and 640 combat sorties during both operations Iraqi and Enduring Freedom.

Earning awards is important to the members of the safety office such as Master Sgt. Joseph Gray, 2d BW Flight

"It's both satisfying and gratifying because we work hard at our jobs,' Sergeant Gray said. "We do a lot to mitigate aviation mishaps. We conduct flight safety meetings with operators and we interface with maintenance, because a lot of safety issues fall into the area of aircraft maintenance."

Those who fly the Mighty Deuce's

fleet do not overlook the efforts of the wing safety office. Lt. Col. Gerald Plourde, 2d Operations Group acting commander, recognizes the hard work and dedication the safety office provides.

"The guys over at wing safety make our jobs easier," Colonel Plourde said. "They validate our operations safety program and that measures our level of professionalism when it comes to flight and ground operational safety."

Sergeant Gray is happy about the award, but also looks at the big picture of his job.

"It feels good, but the recognition is just one part of it," the sergeant said. "The the main thing is our work is directly responsible for preventing aircraft accidents.'

#### **Weekend Weather**







#### News.....Page 5



Red Ribbon Week **Base prepares** for drug awareness week

#### Feature.....Page 11



Fit to Fight **How Barksdale** measures up to the rest of the Air Force

#### Sortie Scoreboard

2d Bomb Wing monthly flying goals

+9.2

149.1

-12.2

Depicted in hours	11 th Born Saudion	GON BOMB SOULARD	Son Som S
Goal:	351.4	130.7	288
Flown:	221.5	79.1	139

#### The Bombardier

# Leadership: Don't deploy without it

BY COL. ELDON WOODIE

2d Bomb Wing vice commander

The 2d Bomb Wing mission is to provide responsive, flexible and accurate bomber combat power and operational support to warfighting commanders anytime — anywhere. The top leadership knows you can do it, and so do the enemies of our nation. We are a lead wing in the Aerospace Expeditionary Force and our people regularly deploy as individuals and as units to take care of business for America. We have the forces, the resources and the leadership to make it happen. The leadership is an intangible.

Leadership is hard to define, but easy to see. After you've been around a bit, and I have, folks tend to ask your opinion. It is no secret this generation of America's Airmen deploy more on average than those who served from about the mid-1970s through the early 1990s. I've been fortunate to have been on several highly successful deployments, most recently with warriors from the Mighty Deuce. I have some opinions on expeditionary leadership I'd like to share.

Many rightfully argue that there are no fundamental differences in the essence of leadership deployed or at home. Character, selflessness, core values, competence and patriotism serve the leader well regardless of location or circumstance. However, expeditionary leadership magnifies a leader's strengths and weaknesses.

There is often minimal time during AEF rotations to get spun up. Preparation or lack of preparation for expeditionary leadership often drives success or failure for the leader in an expeditionary environment.

There are a few key questions a leader should ask during the preparation for a deployment. Are my personal affairs in order? It is hard to concentrate on the mission when you are worried about your personal relationships or finances. How can I increase my competency in the time before I deploy? Study the mission, the unit, and the location

After showing up competent and prepared, it is imperative to be energetic. Fit folks are more energetic. It is the wrong thought process for a leader in an expeditionary environment to plan on getting in shape during a deployment. Staying in shape is the right answer.

Get out and meet your people, whoop it up on their accomplishments, find out their issues and work them. The new AEF rotations have increased from 90 to 120 days, but that doesn't mean you have an additional 30 days to get to know your people; if you wait too long to show you care, you've lost the battle. No matter how



big the organization you are running, from a small section to a flight or a group, it is not the machines which make it successful — you can't lead machines, it is your people.

Our Air Force expects minimum disruption to operations when one AEF rotation replaces another. The leader's ability to work hard learning about and caring for Airmen is critical.

Away from home, relationships can become huge issues for our people. Encourage them to keep in contact with family. Take it seriously when you hear someone is depressed or going through a tough time. There are rules governing when Airmen are authorized to return early from AEF rotations. These rules are not accepted by the heart ... losing a grandparent and missing a funeral are difficult for those from close families. An energetic leader picks up on problems and gets involved.

Finally, plan your deployment. You only have 120 days. It may seem at first as though the time will never pass. It does pass and near the end it moves quickly. You need to make concrete plans to make the organization better for the folks who replace you. It is nice to look with pride and say during this rotation we fixed this process, got new computers, self-helped a better workplace, etc. It won't happen if leadership doesn't learn the issues and develop a plan to make it better. Additionally, successful expeditionary leaders take care of recognition for the troops. In many cases the folks who serve under you are from a different home unit. There won't be time to do this later. You owe it to the top performers to see that they receive the appropriate awards or decorations.

The expeditionary environment is challenging. Obviously, our folks are away from family, in strange environments and around new people. Despite the challenges, they make airpower happen. No other nation's military can draft a Super Bowl team of warriors from different units and dominate the battlefield. The intangible on every flight-line, in every tent, office, vehicle or cockpit is determined, prepared and energetic leadership. It is your job to make that intangible very real for our Airmen. Semper Second to None!

The 2d Bomb Wing is first ... in peace ... in war ... to victory!

# ission

Exceptional warriors ready now to provide responsive, flexible and accurate bomber combat power and operational support to warfighting commanders. Anytime, anywhere.

# Vector

Work together — take care of each other to build trust and teamwork

Offer opportunities for personal and professional wellness and growth

## Action Line 456-4000

actionline@barksdale.af.mil

The Action Line is an avenue for complaints, suggestions and kudos on services provided at Barksdale. Comments can help make the base a better place.

Although the Action Line is always available for use, the best and fastest way to resolve problems is through the chain of command or the organization involved.

Individuals are encouraged to go that route first. If the problem is still unresolved, call the Action Line and the appropriate base agency will address the problem. Positive feedback



Col. Michael Moeller 2d Bomb Wing commander

about Barksdale is also encouraged. Please leave a name and phone number when calling the Action Line as more information may be needed.

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# Airmen find teamwork on island

BY MAJ. WILLIAM STAHL

36TH EXPEDITIONARY MAINTENANCE SQUADRON COMMANDER

Editor's note: The following editorial describes how the 250 people deployed from Barksdale to Andersen Air Force Base, Guam, are handling the mission since their mid-September deployment. The deployment is part of U.S. Pacific Command's objective to adjust its force posture to enhance regional security.

Upon walking out the doors of the airport terminal, the hot muggy air of the tropical island hit us in the face like a brick wall.

Earning the title, "The Best" would surely mean outlasting the others by surviving the hot and humid climate.

Within a few minutes, we were hot and sweaty as we helped the reception party load our gear in the trucks waiting to take us to the compound. We were going to be required to become a team.

Although we're all from Barksdale, not all of us knew each other. For some people, this is their first deployment and for others, it is their umpteenth. We're learning about the island, the weather, Andersen's resources and each other. More importantly, we are learning to be a team and how we fit into the mission.

This is precisely what is great about deployments. It allows for the opportunity to focus on the mission at hand and learn all the different things that make a deployment a success. The main objective is to come home knowing more about deploying and how all the parts fit together to ensure the success of the next deployment.

When surrounded by highly-motivated people, it is not hard to put together a great team. Talent abounds on this deployment. There are about 250 Barksdale people from 2d Aircraft Maintenance Squadron, 2d Logistics Readiness Squadron, 2d Communications Squadron, 2d Maintenance Squadron, 2d Munitions Squadron, 2d Maintenance Operations Squadron, 2d Operation Support Squadron and 20th Bomb Squadron. In the last month, we ensured our respective areas of responsibilities were up and working and we could function as a team.

Two weeks ago, I received a call at 2 a.m. from Senior Airman Tilynthia Cummings from 2d LRS. She explained to me that she couldn't get the parts needed to repair an aircraft in time for their next mission due to a funding shortage. Because of her initiative, the problem was resolved with a few phone calls and the aircraft made the missions. Master Sgt. Ron Potchebski, 2d CS first sergeant, successfully worked numerous issues including personnel and dining facility issues, rooms without airconditioning and hot or cold water.

The physical training program is alive and well. Second Lt. Chris Wilson, 2d MUNS, is leading maintenance in the physical training challenge each month with push-ups, sit-ups and a mile and a half run — half of which is up hill.

The tropical weather wreaks havoc on our equipment containing metal, causing rust and corrosion. Most of the equipment needs welding and replacement of rubber parts

The aerospace ground equipment crew from the 2d MXS led by Master Sgt. Barry Kirk, rebuilt everything

from maintenance stands used to reach high spots on the B-52s and equipment used to start aircraft engines, to overhauling vehicles used to load bombs.

The maintainers from 2d MXS and 2d AMXS did a superb job changing out a bomber main landing gear, as well as washing and rinsing B-52s to keep them from corroding due to the salty air.

Master Sgt. Anthony Kage, 2d AMXS, and 2d Lt. Matt Robey, 2d MUNS, and their troops completed their bomb building and weapons loads ahead of schedule.

Barksdale was well-represented during Andersen's air show and numerous other base events with our troops helping in many aspects. The Top Four worked hard to improve the Airmen and NCO dorms. They are also busy planning events for the Barksdale group including a recent dorm picnic. To help with transportation, the Top Four set up a shuttle for those heading downtown or to the store.

Not only are the troops working hard, but they are playing hard. The island has many sights to visit and activities to participate in when time allows. There have been trips through the jungles, into caves, under waterfalls and to beaches. Many have gone snorkeling, scuba diving, biking, golfing, running and to the movies. Still others are taking on the challenge of putting together sports teams like volleyball, football and bowling. These teams compete in the leagues on Andersen with some success.

Now, looking back on the last month and seeing all the accomplishments, it is easy to see we have molded into a solid team with the potential of only getting better. Only three more months left of "Survivor: Guam."

The Bombardier News Friday, Oct. 22, 2004

# Flu shots required

#### Continued from Page 1

Healthy servicemembers who are not scheduled for deployment are deferred from receiving the vaccination until the more critical categories receive their shots, officials said.

The vaccination is not the only way to protect yourself from the flu. If the vaccine is not available there are simple actions people can use to stop the spread of germs and help prevent sickness.

- Avoid close contact with people who are sick; if you are sick keep your distance from others
- Stay home when you are sick (if possible)
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often
- Avoid touching your eyes, nose and mouth with contaminated hands

Other healthy habits to follow in the winter and all year long include:

- Get plenty of sleep
- Engage in physical activity
- Manage stress
- Drink plenty of water and eat healthy foods

Flu vaccinations are mandatory for servicemembers. The flu is a contagious illness, and depending on the strain, can cause illness or even death. According to Centers for Disease Control and Prevention estimates, between 5 percent and 20 percent of Americans get the flu each year. (Courtesy Armed Forces Press Service)

# Who needs the vaccination?

The following list, provided by the Center for Disease Control, describes people who should receive the vaccine as soon as possible.

- People who are 65 years or older
- Children who are 6 to 23 months old
- Adults and children with a chronic health condition
- Women who will be pregnant during flu season
- Residents of nursing homes and long-term care facilities
- Children who are 6-months to 18-years old on chronic aspirin therapy
- Healthcare workers involved in direct patient care
- Out-of-home caregivers and household contacts of children younger than 6 months

# Base has new Tricare contract

STAFF REPORTS

Nov. 1 marks the launch of the new Tricare contract for Barksdale Air Force Base. Humana Military Health Services replaces HealthNet Federal Services as the Tricare contractor. Tricare costs and benefits will remain exactly the same for all beneficiaries and all current enrollments will automatically transfer to HMHS.

"This will boost our customer service to our beneficiaries," said 2d Lt. Wendy Moreno, 2d Medical Group Tricare operations element chief.

Also beginning Nov.
1, all 2d
MDG enrollees will
have one cen-

tral location to receive specialty-referral appointment information.

The Referral Management Center will co-locate with the Tricare service center in the 2d MDG and will service both active duty and non-active duty enrollees. Beneficiaries will visit the Referral Management Center after receiving a referral from their 2d MDG primary care manager. RMC staff members will verify eligibility, enrollment status, and update demographic information. All enrollees

tact information on how to follow-up on the status of their referral. The RMC is also available for active-duty claims assistance, travel benefit and Tricare for Life information. Each Barksdale member will receive a

are provided written instructions and con-

Tricare beneficiary handbook and a new Tricare enrollment card by mail.

"HMHS can also be located on their Web site at www.humana-military.com,"



Lt. Moreno said. "The Web site provides on-line status of referrals, eligibility and claims, as well as access to Tricare handbooks and pamphlets."

Beneficiaries can also contact HMHS at 1-800-444-5445. Humana also provides a 24-hour military audio library for information on health care topics. The audio library hotline is 1-877-217-7946. Contact 2d Lt. Wendy Moreno at 456-6575 for questions or concerns regarding the contract transition.

# Barksdale officials prep for Red Ribbon Week activities

BY MR. JEFFERY HIKES

2D MEDICAL OPERATIONS SQUADRON

Saturday marks the beginning of Red Ribbon Week. Officials join base youth at the Youth Center in taking a pledge to stay drug free Oct. 29.

National Red Ribbon Week, which runs from Saturday through Oct. 31, began in 1985 after the death of Enrique Camarena, a drug enforcement agent.

Angered by his death, many citizens in Calexico, Calif., Camerena's hometown, began wearing red ribbons in his honor. The National Family Partnership and its affiliated organizations soon began wearing red ribbons as a symbol of its commitment to fight illegal drug use.

"Drug awareness is important because when you

"Drug awareness is important because when you abuse drugs, you risk everything that's important — family, friends, job, money, self-respect and life itself," said Lt. Col. Florence Valley, 2d Medical Operations Squadron commander.

The annual observance is a voluntary drug awareness, prevention and education campaign. Organizations in both the private and public sectors offer a variety of programs to highlight the nation's commitment to fighting drug abuse through prevention and treatment efforts.

"Drug abuse prevention will continue to demand our best efforts," said Col. Michael Moeller, 2d Bomb Wing Commander. "In order to maintain combat readiness, it is important that Team Barksdale remain drug-free. Drug abuse is incompatible with military service, mission accomplishment and our core values."

Each year, the Red Ribbon Campaign impacts millions of Americans. This nationwide celebration has become a major force for raising public awareness and mobilizing communities to combat alcohol, drug and tobacco use.

"Red Ribbon Week provides Barksdale and local communities with an opportunity to

communities with an opportunity to renew its commitment to a healthy and drug-free lifestyle, and to show dedication to education and prevention efforts," said Col Robert Todaro, 2d Medical Group commander.

Mr. Paul Wolfowitz, deputy secretary of defense, declares Wednesday through Oct. 29 as the Department of Defense's official observance of Red Ribbon Week. Major commands and wings will run observance the whole week.

"Drugs pose an enormous threat to our national security. Our military and civilian employees continue to mobilize around the world against threats, including drugs, to keep our homeland secure. They must be at their best both physically and mentally in order to make wise decisions under pressure. Red Ribbon Week is a national observance to remind us of the dangers of drug abuse and the benefit of a healthy, drug-free lifestyle," Mr. Wolfowitz said.

Red Ribbons are available at the demand reduction office, located on the second floor of the base clinic, the Family Support Center and mental health services. If additional ribbons are needed, contact the drug demand reduction office at 456-8021.

### **Activities for Red Ribbon Week**

**Tuesday, 8:00 to 11:30 a.m.** The 2d Medical Group hosts a drug and alcohol prevention booth in the 2d MDG lobby. The booth offers red ribbons, rulers, balloons, key chains, pencils, pens, stress balls, erasers, yo-yos and T-shirts.

**Wednesday, 11:00 a.m. to 12:30 p.m.** Red River Inn dining facility hosts drug and alcohol prevention exhibits.

Oct. 29, 3:00 to 4:30 p.m. 2d Bomb Wing officials pledge to be drug free with Barksdale's youth at the youth center.

Oct. 31, 6:00 to 8:00 p.m. 2d Security Forces Squadron patrolmen offer bags, ribbons, and gifts to the trick-or-treaters in military family housing area during their trick-or-treats patrol.





And the ballot goes to: Left: Master Sgt. Terrence Jones, superintendent for 2d Bomb Wing **Plans** Programs, and Lt. Col. Jon Johnson, 2d BW XP director, witness Barksdale's installation voting officer Lt. Col. Ray Turek sign his absentee ballot. Colonel Turek put his ballot in a grey secrecy envelope and mailed it off Tuesday. For voting information, access www.fvap.gov. The 2004 election date is Nov. 2.

# Four Airmen punished with Articles 15

2D BOMB WING LEGAL OFFICE

Four members of Barksdale Air Force Base received nonjudical punishment under Article 15 of the Uniform Code of Military Justice Oct. 7-13.

An airman first class fell asleep while on duty. Punishment: reduction to airman

An airman first class altered a military ID card. Punishment: suspended reduction to airman, forfeiture of \$100 pay a month for two months, and 20 days extra

A senior airman put their fist through a wall in the dormitory and was drunk and disorderly. Punishment: reduction to airman first class, forfeiture of \$257 and 30 days correctional custody.

A staff sergeant was derelict in duties for having an unprofessional relationship with an airman first class. Punishment: suspended reduction to senior airman, 30 days extra duty and a reprimand.

#### **News briefs**

#### Harvest Fest volunteers needed

The 2d Bomb Wing Chapel staff needs volunteers for their Harvest Fest scheduled Oct. 31 from 4 to 6 p.m. at the Chapel Two Annex. Volunteers will assist with various games for base children. If interested, contact Mrs. Laura Barber at 456-3689 or 752-2749, or Chaplain (Capt.) Leslie Janovec at 456-2111.

#### 2d CES haunted house

The 2d Civil Engineer Squadron booster club hosts a haunted house at Clear Lake Park for base members beginning today. The haunted house is open today, Saturday, and Thursday through Oct. 31 from 7 to 11 p.m. Admission is \$3 for adults and \$2 for children.

#### Military day

The Brown E. Moore Headstart Program invites Barksdale volunteers to assist with their military day event Thursday. Interested individuals can contact Ms. Phyllis Carter, center director, at 682-3933.

#### **Reading volunteers**

C.E. Galloway Headstart Program staff invites base members to read to students Tuesday and Thursday. Interested members can contact Mrs. Sharon Moore, center director, or Mrs. Jacqueline Davenport at 425-1199. The school address is 335 East Olive Street in Shreveport.

#### First-time supervisor's course

The next first-time supervisors course "corrective tools" is Thursday from noon to 4 p.m. in the professional development room at Hoban Hall. The course is geared toward new supervisors or people who would like to practice supervisory skills. Class size is limited to 20 people and reservations are required by Tuesday at 3 p.m. Call Tech. Sgt. David Smith at 456-0125, or Master Sgt. Curby Range at 456-4957 to sign up.

#### Retirement ceremony

Maj. John Farese, 11th Bomb Squadron, retires after

22 years of dedicated service in a ceremony at John's Place in Princeton located at 6105 Highway 80 East Nov. 6 at 11 a.m. Dress is civilian attire for everyone attending. For more information, call Maj. Adam Bloom, 11th BS, at 456-4815.

#### Mammography services

The 2d Medical Group offers mammography services Monday through Friday. Individuals should contact their primary care manager or bring a prescription from an off-base provider to schedule an exam. To make an appointment, call diagnostic imaging at 456-6253.

The Louisiana Association for the Blind observes Javits-Wagner-O'Day Week at the base service center and individual equipment element store starting Monday through Oct. 30. The LAB showcases JWOD products produced by blind and disabled people from around the country. For more information, contact Mrs. Kristen Johnson at 635-6471.

#### **Openings**

The Military Personnel Flight ID card section opens Nov. 20 from 7:30 a.m. to 4:30 p.m. to servicemembers requiring ID cards, common access cards, or dependent ID cards. Call Miss Charlotte Hikes at 456-3710 for more information.

#### **ALS** events

Airman Leadership School Class 04-H holds their graduation banquet Nov. 3 at the enlisted club. Cocktails start at 6 p.m. and dinner is served at 6:30 p.m. Dress for the event is mess dress for officers, mess dress or semi-formal for enlisted and casual evening wear for civilians. Reservations are required through the students at 456-4739. Class 04-H hosts a drill presentation Nov. 2 at 2 p.m. on the drill pad located in front of the academic building. The chiefs versus Class 04-H students volleyball challenge is Nov. 2 at 3 p.m. at the ALS gym.



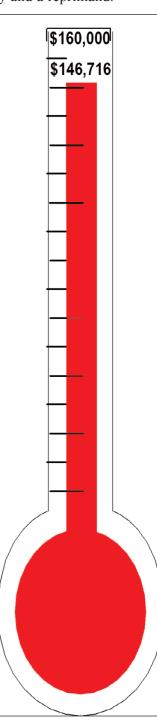
## As of Oct. 15

Total contributors: 1,415

Today marks the end of Barksdale's six week campaign for this year's Combined Federal Campaign. Members may still contribute to the CFC until the first week of December. Included below are a list of local organizations available to receive contributions:

- American Red Cross Northwest Louisiana Chapter
- Goodwill Industries, Inc.
- Volunteers of America of North Louisiana
- Barksdale Youth Activities
- Barksdale Family Services
- Civil Air Patrol Shreveport Senior Squadron
- Hope Youth Ranch, Inc.
- Sickle Cell Anemia Research Foundation
- Louisiana March of Dimes
- Northwest Louisiana Food

For for a complete listing or more information about CFC and making donations, contact the base CFC project manager Maj. Barry Hill, 2d Medical Operations Squadron, at 456-6730.



Life Friday, Oct. 22, 2004 The Bombardier

# Fall Fest 2004

STAFF REPORTS

Nearly 4,000 base members attended the 2d Services Squadron's 2004 Fall Festival during the first hint of fall weather Oct. 16.

Visitors looked at products from 50 vendors set

up in Hoban Hall and car enthusiasts were able to check out the sports and classic car show. A pumpkin patch decoration activity entertained children while local bands Dan Sanchez and the Kings of Pleasure and AJ and the Two Tone Blues Band played blues and classic rock for the crowd.



Above: Volunteers from 2d Services Squadron provided a pumpkin patch for young visitors to decorate pumpkins for Halloween.

Right: Local musician Dan Sanchez rips through a bluesy solo during the Kings of Pleasure's set in front of Hoban Hall. Below: Mustangs from 1987 to present showed up to compete in the Mustang Class car show. Others cars

present included a GTO and Thunderbird, as well as many customized import cars.







The Barksdale Freedom Riders rode their first official "Freedom Ride" during the Fall Fest events. Nearly 50 local riders participated, including police representatives.

# Staying Fit Airmen need to be ready for annual fitness test

STAFF REPORTS

The Air Force chief of staff fired a shot across the bow in July 2003 that got the attention of Airmen everywhere. Gen. John Jumper forewarned that a new fit-to-fight program would replace the cycle ergometry test and encouraged everyone to get ready.

Staff Sgt. Kurt Hartmann did not, and he paid the price. After narrowly squeaking by on the bike test in years past at Luke Air Force Base, Ariz., he finally peddled into the penalty zone. Then he left for a remote tour in South Korea.

He arrived just in time for a head-on collision with the demanding new fitness test, which includes running, abdominal-circumference measurement, push-ups and sit-ups. He wiped out with a failing score of 56 that included 14 situps, 25 push-ups and a 15-minute, 20-second time on his one-and-a-half-mile run. And he was not awarded any bonus points for sporting a 37-inch waist.

The total number of points earned on the fitness test places Airmen into one of four categories based on age and

Ninety or greater is excellent, 75 to 89.9 is good, 70 to 74.9 is marginal and less than 70 is poor. However, Sergeant Hartmann's poor marks served as a wake-up call for the 25-year-old who had not worked out in earnest since high school.

"I thought it was time to change something, literally, big time," said the maintenance training instructor assigned to the 8th Maintenance Operations Squadron at Kunsan Air Base. He did, and joined thousands of Airmen across the Air Force competing for space at fitness centers and running tracks.

In July, he retested and is now among 85 percent of

Senior Airman Andrea Knudson/The Bombardie Tech. Sgt. Kim Viniard, 8th Air Force Protocol, heads back to the gym after returning from her maternity leave. Sergeant Viniard maintains her physical readiness by working out with her squadron three times-a-week.

Airmen who have marginal or better on the test. His 75.35 score included 28 sit-ups, 37 push-ups and a running time of 11:55. Points are awarded in different categories based on age. To gauge a score, check out the fitness charts at www.af.mil/news/USAF\_Fitness\_Charts.pdf.

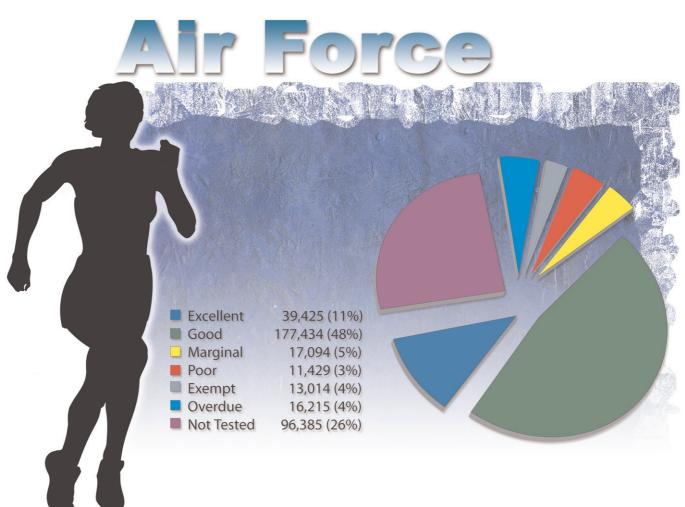
Sergeant Hartmann not only passed the test, but he also made fitness a part of his life.

"I love the way I feel after I workout," Sergeant Hartmann said.

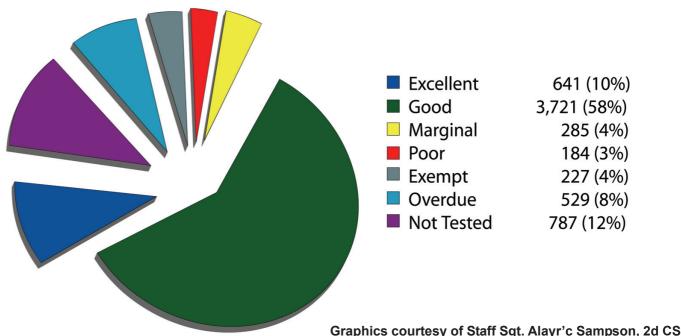
He took to heart the intent of General Jumper, who said

his focus is "not on passing a fitness test once a year. More important, we are changing the culture of the Air Force. This is about our preparedness to deploy and fight. It's about warriors. It is about instilling an expectation that makes fitness a daily standard — an essential part of your service."

For information on Barksdale's healthy-living workshop or fitness counseling, contact Mr. Byron Hardy, base exercise physiologist at 456-8046. (Courtesy of Airman Magazine, AFPN)



# How does Barksdale measure up?



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# Halloween tips



Senior Airman Andrea Knudson/The Bombardier

Fairy princess Angelique Hill, 17 months old, hangs out with her daddy, Mr. Patrick Hill, during the 2d Mission Support Squadron's annual picnic. Mr. Hill is a human resources specialist and served on the picnic committee.

**Editor's editor**: Base children are authorized to trick-or-treat Oct. 31 from 5 — 8 p.m. The following is a list of safety information from the 2d Bomb Wing Safety Office.

#### **Drivers**

- Watch the speed limit, especially in housing
- Look before backing up
- Make sure vehicle is highly visible so trick-or-treaters can easily spot all cars
- Make eye contact with trick-or-treaters if possible

#### Homeowners

- Ensure outside areas are well lit
- Remove all tripping hazards
- Keep pets chained up or inside

#### **Adults**

- Ensure costumes are marked with a tag as "flame retardant"
- Discuss the route of travel with trick-or-treaters
- Mark costumes and trick-or-treat bags with reflective tape
- Accompany all children or have an older, responsible youth supervise them at all times

#### **General information**

- Walk facing oncoming traffic
- Have parents examine treats before eating
- Carry a flashlight in hours of darkness
- Never enter a stranger's house
- Plan bright and reflective costumes. Make sure shoes fit well and costumes are short enough to prevent tripping or contact with flame
- Secure emergency identification such as name, address and phone number discreetly within Halloween attire
- Consider non-toxic makeup or decorative hats as safe alternatives since masks can limit or block eyesight
- Teach children to how call 911 or their local emergency number if they have an emergency or become lost
- Review with children the principle of stop-drop-roll if their clothes catch on fire
- Openly discuss appropriate and inappropriate behavior at Halloween time

Volunteers from the 2d Security Forces Squadron will patrol the housing area throughout the night. The point of contact for the 2d Bomb Wing Safety Office is Tech. Sgt. Joseph Winfield at 456-5610. The 2d SFS police services operations point of contact is Staff Sgt. J'Valyn Vaughn at 456-3580.



The Bombardier Friday, Oct. 22, 2004

# Cajun Warrior Attitude

Catch it! -

Family: Son, Tayveon

Hometown: Norfolk, Va.

**Unit:** Air Force ROTC Detachment 311 Grambling State University, Grambling, La.

Squadron commander: Lt. Col. Dianna Brown

Job title: NCO in charge of personnel

Job description: Manages cadet personnel administrative actions and is directly responsible to the commander for verifying cadet eligibility for the professional officer course selection process, college scholarship program, enlistments and commissionings

**Most rewarding job aspect:** The day when the cadets repeat the oath of office to receive their commission into the Air Force

**Goals:** To own a home, complete my bachelor's degree and live to see my son grow into a successful Christian man

Hobbies: Hanging out with friends and family

What motivates my winning attitude:

My faith

Favorite TV show: Girlfriends

Favorite sports team: 1990 Chicago Bulls

Favorite meal: Shrimp pasta

Favorite performer: Mary J. Blige

Favorite movie: Five Heartbeats

I'm proudest of: Completing my Community College of the Air Force degree, having an Air Force career and raising a child as a single mother

Pet peeve: People who never take responsi-



Staff Sgt. Aleisha Jordan

bility for their actions

**Best day of my life:** The day my son was born

My best asset is: Treating people the way I'd like to be treated

What I like most about Barksdale: The commissary

If I could change anything about Barksdale, it would be: Making the drive closer from Grambling State University so I could go shopping more at the commissary

Most influential person in the Air Force to you and why: Master Sgt. Ronnie Jones, my supervisor from MacDill Air Force Base, Fla., because he takes care of his people regardless of rank, and he never gives you something to do that he wouldn't do himself



#### **Services events**

For more information about 2d Services Squadron events, check their Web site at www.barksdaleservices.com

#### Teen paintball

The youth center hosts the teen trail program paintball party Nov. 13 from 1 to 6 p.m. The party is open to teens 13 through 18 years old. Cost is \$5. Call 456-3354 to sign up by Nov. 9.

#### Halloween hayride

The youth center holds a haunted hayride at Clear Lake Park Thursday through Oct. 30 from 7 to 10 p.m. Cost is \$2 per person or \$8 for families. The hayride features a series of haunted scenes. Call 456-3448 for more information.

#### Aero club open house

The Barksdale Aero Club hosts an open house and membership drive today. The event provides an opportunity for individuals wanting to learn to fly. During October, the Barksdale Aero Club waives the \$30 initiation fee.

The club selects three winners to enjoy a free hour of flight. Certified flight instructors are available to discuss the program. Free hot dogs and soft drinks are also available. Call 456-8179 for more information.

#### Home improvement class

The experts at Lowe's are teaching home improvement classes at the arts and crafts center. Learn the art of faux finish painting Nov. 2 or how to install ceramic tile Nov. 16. Classes begin at 6 p.m. and are free to base members. Call 456-5594 to reserve a spot.

#### Lunar eclipse

Join outdoor recreation and Blue Moon Traveling Observatory for a viewing of the last visible lunar eclipse from earth until 2007. The lunar eclipse may be viewed Wednesday from 8 to 11 p.m. in the field across from Cullen Park. The Blue Moon Traveling Observatory allows participants access to binoculars and their 20-inch reflector telescope. Digital photography through the telescope is available for a minimal charge.

Cost is \$3 a person and free for children 5 and under. The deadline to sign up is today. Call outdoor recreation at 456-7765 for more information.

#### **Business opportunity**

Become a family child care provider and earn extra income while staying home. Training, equipment and supplies are free. Spouses living off-base and department of defense spouses may join. Licensing is mandatory for base residents who provide more than 10 hours of child care for other children. Call 456-8912 for more information.

#### Fall preschool openings

Fall preschool still has openings for 3-and 4-year olds. Children must be 3 years old prior to Sept. 30. Two-day

classes, held Tuesdays and Thursdays, are available from 8:30 to 11:30 a.m. Register Tuesdays and Thursdays from noon to 2 p.m. at the Part Day Enrichment Center. Bring immunization records, birth certificate, current leave and earnings statement and \$10 registration fee. Fees are based on total family income. Call 456-3776 for more information.

#### Skateboarding trip

Outdoor recreation hosts a skate-board outing to Holy Roller Skate Park in Bossier City, Oct. 30. Deadline to sign up is Oct. 29. Cost is \$6 and includes admission to the park and transportation. Guests ages 18 and under skateboard from 2 to 6 p.m. and those 18 and over from 6 to 10 p.m. Helmets are required and are available to rent. Guests may bring their own. Call 456-7765 for details.

#### Two-for-one lunch

Members can enjoy the mega buffet with a friend Mondays at the officers club. Bring a guest and the second meal is free. The buffet includes soup, salad bar, drink and dessert.

#### **Retired member Fridays**

The officers club salutes retired members every Friday night. Retirees buy dinner and get a second meal at half price.

#### Wednesday steak for two

Enjoy two steak dinners Wednesdays at the officers club for \$12.95. All ranks are welcome. Dinner starts at 5:30 p.m. in the officers club dining room.

#### Saturday prime rib

Enjoy prime rib for two each Saturday for \$19.95. The meal includes choice of potatoes or rice and vegetable of the day, au jus and horseradish sauce

#### Bingo buffet

Club members enjoy a free dinner buffet with the purchase of a pack of bingo cards during October; non-members pay half-price for the buffet during the month. The buffet is at 5:30 p.m. and bingo starts at 6:30 p.m. Thursday's jackpot was up to \$1,400. Bingo is every Thursday at the officers club. Members receive \$5 off a multicard bingo pack. All ranks are welcome.

#### State fair tickets

Gifts and Getaways has discount tickets to the 2004 Louisiana State Fair. The fair is open today through Nov. 7. Save \$2 a person on general admission tickets or all-you-can-ride-tickets by purchasing them at Gifts and Getaways, located in the base exchange mall.

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#### At the movies

For recorded show times and movies, call 456-3666 or visit the Army and Air Force Exchange Services' Web site at www.aafes.com. Movies are subject to change without notice.

Admission: Adults \$3, children \$1.50 (Information and photos courtesy of www.movieweb.com)



#### "Paparazzi"

Rated: PG-13

Playing: Today at 7 p.m. Run time: 105 minutes

Cast: Cole Hauser, Robin Tunney

Synopsis: The paparazzi stalk Bo everywhere. He accepts the veritable invasion of his life ... until photos of his wife and his son begin appearing on covers of one particularly sleazy tabloid called Paparazzi. One night they trap Bo and his family in a highspeed chase that ends in a terrible accident, and Bo seeks vengeance on his own.

#### "Napoleon Dynamite"

Rated: PG

**Playing:** Saturday at 7 p.m. Run time: 90 minutes Cast: Jon Heder, Jon Gries

**Synopsis:** Set in the small Idaho town of Preston, Napoleon is a carrot-topped oddball with a decidedly eccentric family that includes his weird grandmother. The story centers on the school's race for class president. Using some nontraditional means, Napoleon is determined to help his pal Pedro run a winning campaign and defeat popular girl, Summer.



#### "Cellular"

Rated: PG-13

**Playing:** Sunday at 7 p.m. Run time: 94 minutes

Cast: Kim Basinger, Chris Evans

**Synopsis:** A thin thread of electronic data may be the only thing that can save a woman in this thriller. Jessica is kidnapped by a vicious criminal who threatens to murder her husband and son if he doesn't get what he wants. He destroys the telephone in the cabin, but Jessica manages to put enough of the pieces together to send out a call that Ryan, a college student, picks up on his cell phone.

#### **Chapel information**

Chapel One: 275 Barksdale Blvd., East Chapel Two: 724 Douhet Drive, 456-2111

#### Catholic services

Confession, Chapel Two, Saturday, 4:30 p.m. Mass, Chapel Two, Saturday, 5:30 p.m.

Mass, Chapel Two, Sunday, 9 a.m.

Confraternity Christian doctrine, Chapel Two, Sunday,

Mass, Chapel One, Sunday, 11:30 a.m.

Mass, Chapel One, Mondays through Fridays, noon

#### **Protestant services**

Liturgical communion service, Chapel One, Sunday, 9

Community worship service, Chapel Two, Sunday,

Inspirational gospel worship service, Chapel Two, Sunday, noon

Contemporary praise service, Chapel Two, Sunday, 6 p.m. Family night, Chapel Two, Wednesdays, 6:30-8 p.m.

#### Protestant Women of the chapel

The Protestant Women of the Chapel meet every second Monday of the month at 6:30 p.m. in the Chapel Two

#### **Brothers in Christ**

The Brothers in Christ Protestant Men of the Chapel meet every Saturday at 6 a.m. in the Chapel Two annex.

## Red River Inn dining facility

Flight Kitchen, 456-4769 Red River Inn, 456-8367 Items subject to change

#### Today

Lunch — Swiss steak, baked chicken, stuffed peppers Dinner — Italian sausage, lasagna, spaghetti

#### **Saturday**

Brunch — Ribeye steak, Cajun meatloaf, baked chicken Supper — Pork chops, fish almondine, stir-fry chicken

**Sunday**Brunch — Sauerbraten, tuna and noodles, chicken breasts Supper — Spinach lasagna, barbecued chicken, fried shrimp

**Monday**Lunch — Swiss steak, baked chicken, knockwurst
Dinner — Baked ham, fish and fries, roast turkey

#### Tuesday

Lunch — Yakisoba, Salisbury steak, lemon-baked fish Dinner — Barbecued beef, pork chop suey, paprika beef

#### Wednesday

Lunch — Beef porcupines, chicken enchiladas, Caribbean jerk chicken

Dinner — Country-style steak, pita pizza, fried chicken

**Thursday**Lunch — Liver, tempura-fried fish, spiced pork chops Dinner — Pepper steak, ginger pot roast, baked chicken

#### Oct. 29

Lunch — Beef and corn pie, seafood Newburg, veal steaks Dinner — Pot roast, corned beef, pineapple chicken

#### **Family Support Center**

Located on the corner of Kenney Avenue and Curtiss Road, 456-8400. Reservations required for all events.

#### Operation Hero

A mock deployment Nov. 6 from 10 a.m. to 1 p.m. is intended to give children of active duty and reservists a better understanding of the deployment process. Children must be between 5 and 12 and accompanied by a parent. One hundred seats are available and reservations are required.

#### Marriage checklist

If marriage plans are in the future, then come by the Family Support Center for a marriage checklist to help with the "To Do" list. It lists things to do before and after marriage such as obtaining a marriage license, planning a budget, chapel arrangements, ID cards, base decals, DEERS enrollment, and updating emergency data cards (DD Form 93), Tricare, life and auto insurance and legal considerations.

#### **TAP Seminar**

A transition assistance program seminar is scheduled Tuesday through Thursday from 8 a.m. to 4 p.m. If a transition from military service to civilian life is in the future, make plans to attend this 3-day workshop conducted by the Department of Labor. Designed to help military members and their spouses make sound career decisions, individuals learn the skills needed to complete a successful self-directed job search and much more. Attendees in the past said they had wished they had taken advantage of this workshop 12 to 24 months prior to leaving the service.

#### Personal, family readiness briefing

A personal and family readiness briefing is scheduled Thursday at 2 p.m. The Family Support Center's Readiness Team provides information and support during this time of separation. This briefing is meant to prepare active duty, spouses, family members and significant others for deployment.

#### **Pre-separation briefing**

Retirement or separation can be filled with anxiety, excitement and lots of questions. Better preparation can lead to a smoother transition to civilian life. This mandatory briefing informs separating individuals of the resources available as they make this transition. Individuals should attend within the proceeding 12 or 24 months prior to separation.

#### Kids on the move

A kids on the move workshop is scheduled Monday at 6 p.m. Moving can create fear and anxiety for children. Changing schools and making new friends are common concerns. A video on moving and an informational booklet provide the basis for this workshop, along with a discussion of where the children are moving to or from.

#### Smooth move

A smooth move briefing is scheduled Tuesday from 10 a.m. to noon. Is separation, retirement or a permanent change of station in the future? Representatives from the traffic management office, legal, military pay, housing and the Family Support Center provide valuable information to assist in making the move. A 30-minute presentation covering items unique to overseas-bound members and their families is also available.

The Bombardier Sports Friday, Oct. 22, 2004

# Paintball takes Barksdale by storm

## Activity becoming increasingly popular among Airmen

BY AIRMAN BRANDON KUSEK

THE BOMBARDIER

Some people spend their precious spare time watching television, surfing the Internet, playing video games — or-playing paintball.

Paintball, a game almost anyone can play, has become one of the latest things to do. To start, one simply needs a paintball gun or marker as they are called, protective gear such as a mask and heavy clothing and a playing field.

Barksdale's paintball range, located near Flag Lake, is open for people wanting to try out the sport. There are also some off-base ranges in the local area.

"Barksdale's paintball range is open for paintball

parties, but they must call in advance to use and access the range," said Frank Stinson, Barksdale outdoor recreation director.

Barksdale's outdoor recreation office supplies people with the necessities for the sport if they do not have their own. The outdoor recreation equipment rental office can be reached at 456-3426.

"All people have to make sure they bring is longsleeved shirts and pants, no shorts," Stinson said. "We supply the markers, masks, referees and everything else they'll need."

People play paintball on teams and in groups in a war-like atmosphere. Many Airmen find the sport a chance to relax while working together with others to win

"Paintball creates a great sense of teamwork," said Aaron Lemon, a staff sergeant from the 2d Aircraft Maintenance Squadron and avid paintballer. "I've been to paintball tournaments where someone's left their marker at home or it broke and another player will hand them their \$1,200 or \$1,400 marker for them to play with. It makes you feel good to see that, and see someone help another person out like that."

One issue that may prevent some people from playing is safety. Television has shown people getting shot with paintballs and the bruises and welts they end up with. That's why players are told to wear protective clothing and masks.

"In my opinion, you're more likely to get hurt golfing than playing paintball," Lemon said.

Some people may look for an excuse to sit around on their break, but, paintball ia an activity or excuse to get away from video games and play a real life first-person shooter.



- Always wear proper eye, face and ear protection designed especially to stop paintballs
- Never shoot a person who is not wearing proper protecttion
- Treat every paintball gun as if it were loaded
- Never look down the barrel of a paintball gun
- Never point the paintball marker at anything unless shooting at it
- Keep the paintball gun on safe until ready to shoot
- Keep the barrel plug in the paintball gun's muzzle when not shooting
- Always remove gas source before disassembly
- Store the paintball gun unloaded and de-gassed in a locked place
- Follow warnings listed on gas source for handling and storage
- Never use ammunition other than .68 caliber paintballs
- Do not shoot fragile objects such as windows
- Paintballs may cause staining on some porous surfaces such as brick, stucco and wood
- Never engage in vandalism
- Do not use paintball gun for acts of violence
- Always measure the paintball gun's velocity before playing paintball
- Never shoot at velocities in excess of 300 feet per second
- Do not modify your marker's pressurized air system or cylinder in any way

Information from the Brass Eagle Web site, www.brassea-gle.com/safetytips/default.asp.



**Workin' hard:** Melissa Potwora, 2d Comptroller Squadron, rides the exercise bike at the sports and fitness center during her Thursday workout time.

#### **Sports shorts**

#### Women's basketball

The Barksdale women's basketball team practice Wednesdays from 6 to 7:30 p.m. and Saturdays from noon to 1:30 p.m. at the sports and fitness center. Contact Kory Gibson at 456-8921 or Alayr'c Sampson at 456-8860 for more information.

#### **Bowling special**

The bowling center has a new Sunday special that includes unlimited bowling for three hours and a choice of the following meals: burgers, chicken strips, hot dogs, corndogs or grilled cheese with fries and a soda. Cost for two guests is \$29.29, cost for four guests is \$39.95 and cost for six guests is \$49.95. Additionally, if bowlers throw a strike when they have a red pin they win a free game of bowling.

#### Martial arts classes

Tae kwon do and iai jujitsu are available Mondays through Thursdays from 5 to 6 p.m. at the youth center.

Cost is \$45 a month and family rates are available. Call 456-3448 for more about the classes.

#### Men's varsity basketball schedule

The Barksdale men's varsity basketball team opened their season last weekend splitting their weekend games with Ft. Sill, Okla. and stand with a 1-1 record. The following is their remaining schedule:

Nov. 6 and 7 at Little Rock AFB, Ark.; Nov. 13 and 14, versus Tinker AFB, Okla.; Nov. 20 and 21 at Sheppard AFB, Texas; Nov. 27 and 28 versus Dyess AFB, Texas; Dec. 3 and 4 at Ft. Sill, Okla.; Dec. 18 and 19 versus Altus AFB Okla.; Jan. 8 and 9 at Dyess AFB; Jan. 14 through 17 at Sheppard or Eglin MLK tournament; Jan. 22 and 23 at Tinker AFB; Feb. 5 and 6 at Ft. Sam March Classic; Feb. 18 through 21 African American Heritage Tournament at Randolf AFB Texas or at Altus AFB; Feb. 26 and 27 versus Sheppard AFB; Mar. 5 and 6 versus Little Rock AFB; Mar. 12 and 13, at Altus AFB; Mar. 27 through 27, League Championships at Randolf AFB. Games subject to change.

#### Intramural football scoreboard

Security Forces and 11th Bomb Squadron forfeited two of their games and dropped out of the league. Therefore, each team gets a win to make the number of games, even the teams that did not face off against SFS or 11th BS.

#### Standings as of Oct. 13

	W	L
CS #1	7	0
AMXS	6	0
MDG	6	0
MXS	5	1
MUNS	5	2
CES	4	2
MSS/MOS	4	3
CS #2	4	4
20th BS	3	3
8th AF	3	4
LRS	2	4
AWC/SVS	1	6